



P.E.

**Gymnastics
(Jumping and Landing)**

Year 2

Spring Term 2

Skills

- Up to 4 elements *e.g. balance, roll, jump, body shape.*
- A clear starting position and that moves smoothly between shapes and actions.

Key Knowledge

Perform with control, co-ordination and variety.

Use wide range of gymnastic agilities and actions confidently on floor and apparatus.

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Show contrasts in shape, combining stretched and tucked shapes and dish and arch shapes.

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Show good posture when performing in gymnastics.

Explain how taking in too much or too little food and drink can affect a person's health.

Sequence of Practical Experiences

recognise and avoid risks when handling and placing apparatus

perform a range of actions with control and coordination

move smoothly and in controlled way from one position of stillness to another

use different combinations of floor, mats and apparatus, showing control, accuracy and fluency

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Statutory requirements

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Prior Learning

Two ways of travelling link them together to make a movement phrase. Start and finish shape.

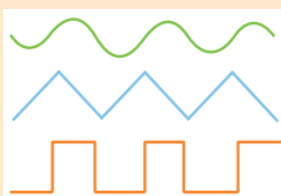
Key Vocabulary

Extension	Extension of a joint is moving toward its most straight position. In gymnastics this means pointing toes and fingers, keeping the head up and making the limbs long.
Tension	Controlling actions of the body when held tightly e.g. muscles engaged
Balance	A static position the body is held in in a particular shape
Posture	How the body is held and positioned using muscle and skeleton.

- Travelling, rolling, climbing, bounce, hop, skip, rolling step
- Direction, slow, stop, still
- Apparatus, bench, mat
- Posture, spine, muscles squeezing and relaxing, joints

Techniques

Travelling lines



Apparatus



Heads, Hearts, Hands

